

What you can do to help yourself remember and make it to sessions

- Write down the date and time of the appointment, and keep it somewhere visible.
- If you have a mobile phone, we can send you a text reminder before your session if you like, or you could add an appointment or alarm on your phone to remind yourself.
- Let your therapist know if there is anything that is making it difficult for you to come to sessions.
- Don't worry if you haven't done the homework from the previous session – just come anyway.
- Come even if you're feeling bad – the session might help you to feel better.
 - If you really can't make it in, how about talking with your therapist on the phone instead? If you let your therapist know before your appointment time, you might be able to have a session over the phone instead that week.
- Remember that therapy is time-limited – we won't necessarily be able to extend therapy if you miss sessions.
- We are here to support you and work with you.

The PICuP team



South London
and Maudsley
NHS Foundation Trust

Psychological Interventions Clinic for outpatients with Psychosis

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Reflections on psychological therapy for psychosis:

<https://vimeo.com/user2051960/review/142126508/56e6bcfd3f>

(Link to the SLaM IAPT-SMI Psychosis Demonstration Site film)



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How to get the best out of therapy at PICuP



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How to get the best out of Therapy at PICuP

We hope that you find your therapy at PICuP helpful. You might find it useful to read the PICuP booklet called “Cognitive Behaviour Therapy (CBT) for Unusual Distressing Thoughts and Experiences”, which tells you a bit more about how CBT works and the types of difficulties we can help you with.

What will therapy involve?

Therapy involves meeting with a therapist weekly or fortnightly. You start off by meeting for around 6 sessions, and if you are able to attend these first few appointments and you find the sessions helpful, therapy can then continue for up to 6 months. Therapy in PICuP is most useful for people who are willing to work with the therapist to try out new ways of thinking and coping. As well as being supportive, therapy can sometimes be quite challenging. It can be hard work both during the sessions, and in the ‘homeworks’ you and your therapist decide to do between sessions. **It is therefore important that you feel ready for therapy, and to be sure this is the right time for you.** Your therapist is here to support you and work with you.



What will I need to do?

If you are confident that this is the right time for you, we would ask you to **try as best you can to attend all of your planned sessions.** We understand it can be difficult to come to sessions, for lots of different reasons, but if you miss sessions regularly you won’t get as much out of your therapy. Even if you cancel in advance it is unlikely that your therapist will be able to reschedule your session for the same week, as they have regular time slots with their other clients. If you are having difficulties with attending sessions you will be allocated a Peer Supporter who can support you to attend sessions.

If you are concerned this may not be the right time, we can put your therapy on hold and you can let us know when you feel ready.

Often in therapy you will be learning new ways of doing things, and, like learning any new skill, the more you practice, the quicker you will get better. Coming to therapy every now and then will have limited benefits or it may take you much longer to feel better. It is important to meet with your therapist on a regular basis, even if you think therapy might not be working or that you don’t need it that particular week. People sometimes miss appointments if they are feeling particularly bad, but this is often a time when therapy can be most helpful. Sometimes, it might even feel like things are getting worse before they get better – this is normal. You can talk to your therapist about any concerns you may have.

If you feel that this is the right time for you to have therapy, then hopefully you will see the sessions as important and try to prioritise them over other commitments you may have.

Remember that therapy is time-limited, so we won’t be able to keep offering you sessions if you are unable to come.

What we’ll do to help you make it to sessions

- Give you appointments at times that are convenient to you. Some evening appointments are available.
- Whenever possible, try to give you appointments at the same time each week.
- Phone or send a text beforehand to remind you about the appointment.
- Work with you to identify and overcome any obstacles that make it difficult for you to attend sessions.
- If travelling to sessions alone is difficult, a PICuP volunteer or peer supporter might be able to accompany you to sessions – just let us know.
- We encourage you to talk to us about any concerns you have about engaging in therapy.